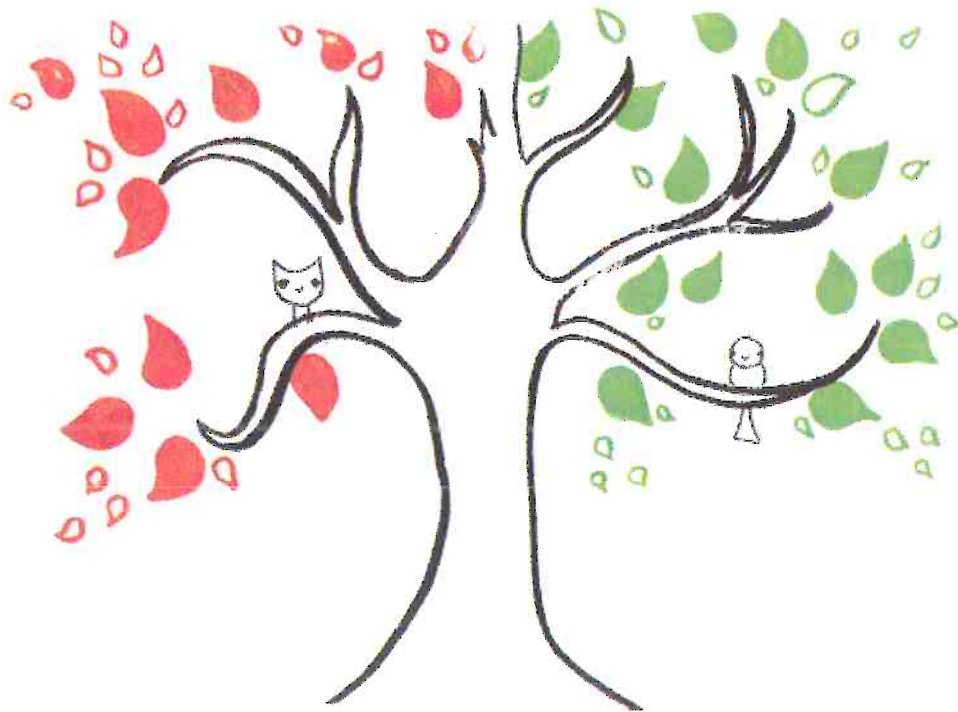
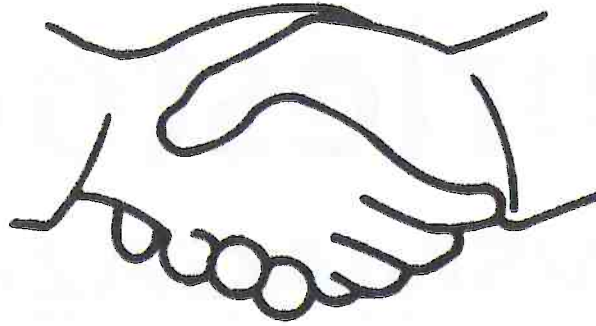


# Thurlestone

NEWSMAGAZINE

September 2010

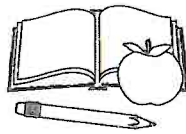




## **Mission Statement**

**To promote Unity and Participation**

**To inform and Entertain**



### **Inside this Issue**

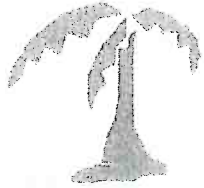
Mission Statement  
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### **Committee Members**

Janice Hardacre	1804
Elaine Richard	2407
Jewel Stephen	2208

**Acknowledgements:** Thanks to all those who helped make this issue possible!

A very special thanks to Alba Salsona who delivers the NewsMagazine each month.



## Notes from the Editor

September 2010

Hi everyone. My name is Janice and I have recently moved into the Thurlestone neighbourhood. I look forward to working on the newsletter and following in the footsteps of Lucy and Heike, and others, who worked so hard to make the NewsMagazine timely, informative and enjoyable for everyone!

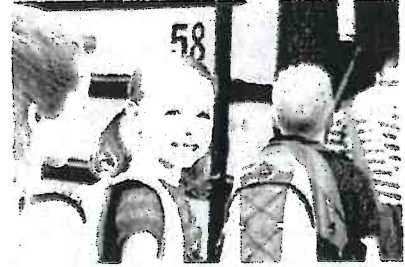
I welcome your suggestions and of course, your help by sending information and participating with the production of the NewsMagazine.

**“The Dog Days of Summer”**– these are the hottest, most sultry days of summer which usually fall between early July and early September. I think we’ve had the best of those recently. Now, we turn our attention to a new season:

- **Labour Day** - celebrated on the first Monday of September. It originally gave workers the chance to campaign for better working conditions or pay.
- **Back to School** - September is an exciting time of year for kids, parents and teachers! This is a time to meet new people, learn and have a lot of fun!
- **Fall, or Autumn** – a new season starts on Wednesday September 22nd. Cooler temperatures in September provide relief from the heat and humidity of August and leaves on the trees begin their transformation to stunning shades of orange, red and yellow.

Best Wishes for a happy and successful school year!

*Janice Hardacre*



The social committee invites you to an  
**End of Summer/back to school  
B.B.Q.**

Hamburgers, hots dogs, drinks

Everyone from the Co-op is welcome

**Sunday September 12 @ 1.00pm**

**2 Folcroft Backyard Patio**

D.D'Amico, Social Committee  
2 September 2010

# CAUTION

Unfortunately, we received a report that a car has been broken into and damaged occurred on Fishleigh in the parking lot.

**Be sure to lock your car doors and try not to leave valuables or loose change in your car in plain sight.**

Fire doors on the main floors must be closed at all times or your apartment insurance will not cover damages due to fire



**BOARD OF DIRECTORS MEETING  
THURLESTONE CO-OPERATIVE INC.  
22 Fishleigh Drive, Unit 3  
Scarborough, Ontario, M1N 1K8**

**June 1<sup>st</sup>, 2010**

**Present: Pam Syvret, Shannon Doyle, Elaine Richard, Luci Walwich, Mike O'Donnell and Diana. Lois Logie arrived at 7:24 p.m. Melanie Lyle arrived at 7:55 p.m. and left at 9:05 p.m. Elaine left at 9:30 p.m. and Shannon left at 9:55p.m.**

**Regrets: Kelly Herrmann and Bridget Maloney                      Absent:**

**Recording Secretary: Pam Syvret    President: Luci Walwich**

---

**1. Call to Order**

**Meeting was called to order at 7:16 p.m.**

**2. Approval of the Agenda**

**MOTION TO APPROVE THE AGENDA AS AMENDED**

**MOVED by Pam.**

**SECONDED by Mike.**

**CARRIED.**

**3. Adoption of the Minutes**

**MOTION TO ACCEPT the minutes from April 20<sup>th</sup>, 2010**

**MOVED by Shannon.**

**SECONDED by Elaine.**

**ABSTAINIONS by Luci and Mike. CARRIED.**

**MOTION TO ACCEPT the minutes from May 11<sup>th</sup>, 2010**

**MOVED by Mike.**

**SECONDED by Lois.**

**ABSTAINIONS by Shannon.**

**CARRIED.**

**4. Business Arising from the minutes of April 20<sup>th</sup>, 2010**

**Co-op is going ahead with Habitat.**

**Business Arising from the minutes of May 11<sup>th</sup>, 2010**

**NONE**

**5. Co-op financial Matters:**

- a) **MOTION TO APPROVE 3<sup>rd</sup> Quarter Financial Statements June 1<sup>st</sup>, 2009 to February 28<sup>th</sup>, 2010.  
MOVED by Pam.                      SECONDED by Lois.                      CARRIED.**
- b) **Annual Year End Audit Process – See attached Prentice, Yates & Clark Letters. 2 signing Officers need to read and sign.**

**6. Confidential Section – See Attached**

**7. Co-ordinator's Report – See Attached**

**7.1. Administrative Update:**

- a) **MOTION TO APPROVE proposed changes to Office Schedule for Summer. To change Office Hours on Fridays to 9:30 a.m. to 12:30 p.m. (currently 1:00 p.m. to 4:00 p.m.). This will enable ½ days off on Fridays in order to use up Lieu time and then to use holiday time. (See Vacation, Sick, & Timesheet Report – 2010 attached.)  
MOVED by Luci.                      SECONDED by Elaine.                      CARRIED.**
- b) **Request for Summer Student – Letter from Service Canada attached. They are not approving funding under the program for us this year. Do not follow up. Monies are in the budget to hire a part time employee. This has already been approved.**

**7.2 Maintenance Update:**

- a) **MOTION TO APPROVE replacement of Unit 1603's stove – as old yellow one was painted in the past (very poorly) and looks unsightly. While it still works, it is not presentable. Cost is just under \$400.00 from the Capital Replacement Reserve.  
MOVED by Elaine.                      SECONDED by Mike.                      CARRIED.**
- b) **CMS did inspect some units at Fishleigh that have experienced window deficiencies. They are working on having these windows repaired under warranty.**

**8. Committee Reports**

- a) **Membership Committee – Re: Charging Application Fees  
DEFERRED (until Bridget can be present)**
- b) **Delegate Report CHFC – AGM & Resolutions  
Not going to go. Board has decided to not spend the \$1000.00. We need to make sure somebody goes next year (2011).**

**9. New Business :**

- a) **Review of Emergency Procedures for New Board Members – DEFERRED**

b) **MOTION TO APPROVE** Ruckus Films to perform filming on our location at 18 Fishleigh Dr. in the common areas of the co-op and use of the co-op's Office on June 7<sup>th</sup>, 8<sup>th</sup>, or 9<sup>th</sup>, 2010.

**MOVED** by Elaine.

**SECONDED** by Lois.

**CARRIED.**

c) **MOTION TO ACCEPT** donation of \$200.00 to Cliffside Public School's Snack Program.

**MOVED** by Elaine.

**SECONDED** by Mike.

**CARRIED.**

d) Letter from Anna Mioc of Unit 2204 and Julie Richard of Unit 2405 RE: Request for Sandbox behind Building 24. See package prepared by them for this meeting.

e) Laundry coin collecting at Fishleigh – Elaine is going to possibly coin collect with Herman.

**10. Date of Next Board Meeting – June 22<sup>nd</sup>, 2010**

**11. Adjournment at 10:00 p.m.**

# WELCOME

**To new members**

**David McConville 1803**

**Karen Guzman-McBride and Sandy Medeiros 1601**



# Feedback

**Congratulations to the following winners:**

**Children's Quiz: Mary Cullen (2C)**

**Adult's Quiz: Peterson Stephen**

# Calendar for September 2010 (Canada)

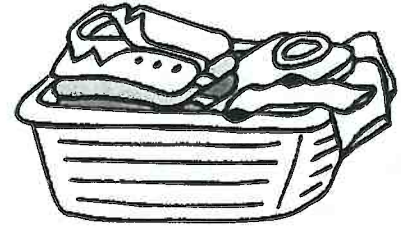
September						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6 Labour Day	7	8	9	10	11
12 BBQ 1:00 pm	13	14	15 Finance Meeting 7pm	16	17	18
19	20	21 Board Meeting 1pm	22	23	24	25
26	27	28	29	30		

Phases of the moon: 1:☽ 8:● 15:☾ 23:☽ 30:☾

Holidays and Observances: 6: Labour Day (All)

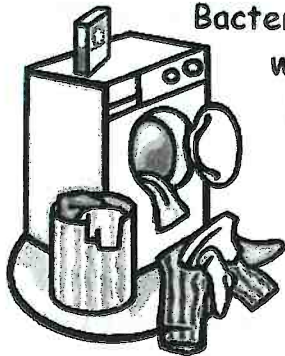
Calendar generated on [www.timeanddate.com/calendar](http://www.timeanddate.com/calendar)

# (HEALTHY) LAUNDRY TIPS



## Protect Against Germs

### Empty the Washer A.S.A.P.



Bacteria flourish in wet areas, so make sure you remove your clothes from the washer within 30 minutes of it stopping. You might think that freshly laundered clothes would be germ-free, but if they've been washed in cold water, harmful bacteria can easily survive in it.

To help protect your family from possible germs/bacteria, don't overload the washer so that the detergent can penetrate all the fabric. The dryer's heat will kill most of the remaining 'bugs'.



### Wash Undergarments/Soiled Items Separately

It's best to wash undergarments and soiled items separately - in hot water, with regular or colour-safe bleach - as they are both sources of bacteria.

If, due to illness, etc., you've had to wash some 'nasty' loads of clothes or bedding, it's a good practice to run an empty cycle afterwards...with a cup of bleach in the water.

## Reduce Allergens

### Wash Bedding in Hot Water

Unsavory as it sounds, your sheets and legions of dust mites that dine on the night. Dust mites are the most common symptoms. They live in clothes and highest concentrations are in beds. To it's important to wash your bedding weekly



pillowcases are 'home' to skin cells you shed during the cause of year-round allergy carpeting, but their alleviate symptoms, in hot water.

If you wash with cold or warm water, you're just giving the dust mites a nice swim. And the dryer alone is not hot enough to kill them.

continued...

## Air Out the Washer



Mould spores are always present in the air to some degree, but when they find a wet surface (i.e. the inside of a washing machine), they can settle and multiply. Exposure to mould can cause congestion, itchy eyes and wheezing. If you're asthmatic, mould spores can trigger an attack. To prevent mould from growing in the washer, when you finish your laundry, leave the washer door open and dry off any visible rubber parts. With front load washers, be extra diligent - they have rubber gaskets to seal the water inside and mould often grows there. Also, remember to use high efficiency (HE) detergent. Not only do manufacturers call for it, but also it makes fewer suds than regular detergent, thereby leaving behind less moisture.

## Ventilate the Laundry Room

If you notice that the dryer hose is loose or cracked, report it to the Co-Op Office right away, as moisture can get trapped and mould can begin to grow. It's also a good idea to open the Laundry Room window while your clothes are drying.

## Prevent Irritated Skin

### Choose Unscented Products

It's tempting to choose one of the scented detergents that smell like flowers or fresh rain, but you should know that it takes a cocktail of chemicals to create those scents - chemicals that may very well irritate your skin.



Researchers at the University of Washington analyzed a popular detergent and found it emitted 13 volatile organic compounds - 5 of which are regulated as toxic or hazardous. Laundry products often contain hazardous chemicals such as neurotoxins and carcinogens. Exposure to them can cause migraine headaches and asthma attacks. The chemicals have nothing to do with getting the clothes clean, but rather to the fragrances they're scented with. It's best to choose ones that are free of perfumes and dyes. "Unscented" may mean a masking agent was used to cover up the detergent aroma, but harmful agents can remain.

### Toss Dryer Sheets

Dryer sheets emit chemicals also regulated as toxic and can cause breathing difficulties and irritated skin. Liquid fabric softeners can have the same effect.

Instead of dryer sheets, try using PVC-free plastic dryer balls - they help more air pass between clothes to cut down on static cling. Instead of a commercial fabric softener, you can try adding 1/2 cup of baking soda to the rinse cycle of your wash.

HANDY HINTSLucille Walwich

**From:**  
**Sent:** Thursday, April 22, 2010 9:06 PM  
**Subject:** WD-40

LOOKS LIKE THEY HAVE ADDED SOME MORE USES TO THE LIST!

Before you read to the end, does anybody know what the main ingredient of WD-40 is?

Don't lie and don't cheat. WD-40. Who knew? I had a neighbor who had bought a new pickup. I got up very early one Sunday morning and saw that someone had spray painted red all around the sides of this beige truck (for some unknown reason). I went over, woke him up, and told him the bad news. He was very upset and was trying to figure out what to do probably nothing until Monday morning, since nothing was open. Another neighbor came out and told him to get his WD-40 and clean it off. It removed the unwanted paint beautifully and did not harm his paint job that was on the truck. I'm impressed!

WD-40 who knew? 'Water Displacement #40' The product began from a search for a rust preventative solvent and degreaser to protect missile parts. WD-40 was created in 1953 by three technicians at the San Diego Rocket Chemical Company. Its name comes from the project that was to find a 'water displacement' compound.. They were successful with the fortieth formulation, thus WD-40. The Convair Company bought it in bulk to protect their atlas missile parts.

Ken East (one of the original founders) says there is nothing in WD-40 that would hurt you. When you read the ' shower door' part, try it. It's the first thing that has ever cleaned that spotty shower door. If yours is plastic, it works just as well as glass. It's a miracle! Then try it on your stove top ... Viola! It's now shinier than it's ever been. You'll be amazed.

Here are some other uses:

1. Protects silver from tarnishing.
2. Removes road tar and grime from cars....
3. Cleans and lubricates guitar strings....

4. Gives floors that 'just-waxed' sheen without making them slippery.
5. Keeps flies off cows.
6. Restores and cleans chalkboards.
7. Removes lipstick stains.
8. Loosens stubborn zippers.
9. Untangles jewelry chains.
10. Removes stains from stainless steel sinks.
11. Removes dirt and grime from the barbecue grill.
12. Keeps ceramic/terra cotta garden pots from oxidizing.
13. Removes tomato stains from clothing....
14. Keeps glass shower doors free of water spots.
15. Camouflages scratches in ceramic and marble floors.
16. Keeps scissors working smoothly.
17. Lubricates noisy door hinges on vehicles and doors in homes.
18. It removes black scuff marks from the kitchen floor! Use WD-40 for those nasty tar and scuff Marks on flooring.... It doesn't seem to harm the finish and you won't have to scrub nearly as Hard to get them off. Just remember to open some windows if you have a lot of marks.
19. Bug guts will eat away the finish on your car if not removed quickly! Use WD-40!
20. Gives a children's playground gym slide a shine for a super fast slide.
21. Lubricates gear shift and mower deck lever for ease of handling on riding mowers.
22. Rids kids rocking chairs and swings of squeaky noises.

23. Lubricates tracks in sticking home windows and makes them easier to open.
24. Spraying an umbrella stem makes it easier to open and close.
25. Restores and cleans padded leather dashboards in vehicles, as well as vinyl bumpers.
26. Restores and cleans roof racks on vehicles.
27. Lubricates and stops squeaks in electric fans
28. Lubricates wheel sprockets on tricycles, wagons, and bicycles for easy handling.
29. Lubricates fan belts on washers and dryers and keeps them running smoothly.
30. Keeps rust from forming on saws and saw blades, and other tools..
31. Removes splattered grease on stove.
32. Keeps bathroom mirror from fogging.
33. Lubricates prosthetic limbs.
34. Keeps pigeons off the balcony (they hate the smell).
35. Removes all traces of duct tape.
36. Folks even spray it on their arms, hands, and knees to relieve arthritis pain.
37. Florida 's favorite use is: 'cleans and removes love bugs from grills and bumpers..'
38. The favorite use in the state of New York , WD-40 protects the Statue of Liberty from the elements.
39. WD-40 attracts fish. Spray a little on live bait or lures and you will be catching the big one in no time. Also, it's a lot cheaper than the chemical attractants that are made for just that purpose. Keep in mind though, using some chemical laced baits or lures for fishing are not allowed in some locations.

40. Use it for fire ant bites. It takes the sting away immediately and stops the itch.

41. WD-40 is great for removing crayon from walls. Spray on the mark and wipe with a clean rag.

42. Also, if you've discovered that your teenage daughter has washed and dried a tube of lipstick with a load of laundry, saturate the lipstick spots with WD-40 and rewash. Presto! The lipstick is gone!

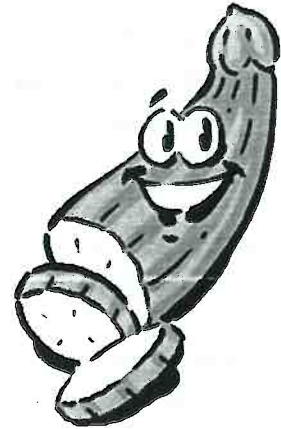
43. If you sprayed WD-40 on the distributor cap, it would displace the moisture and allow the car to start.

P. S. The basic ingredient is FISH OIL



## The Amazing Cucumber

This information was in The New York Times recently as part of their "Spotlight on the Home" series that highlighted creative and fanciful ways to solve common problems.



- 1 **Cucumbers contain most of the vitamins you need every day**, just one cucumber contains:
  - Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.
- 2 **Feeling tired** in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B Vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.
- 3 Tired of your bathroom **mirror fogging up after a shower**? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.
- 4 **Are grubs and slugs ruining your planting beds**? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.
- 5 Looking for a fast and easy way to **remove cellulite** before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on **wrinkles** too!!!
- 6 Want to **avoid a hangover or terrible headache**? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!
- 7 Looking to **fight off that afternoon or evening snacking binge**? Cucumbers have been used for centuries and often used by European trappers, traders and explores for quick meals to thwart off starvation.

- 8 Have an important meeting or job interview and you realize that you don't have enough time to **polish your shoes**? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.
- 9 Out of WD 40 and need to **fix a squeaky hinge**? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!
- 10 **Stressed out** and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, **creating a soothing, relaxing aroma that has been shown to reduce stress** in new mothers and college students during final exams.
- 11 Just finish a business lunch realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will **kill the bacteria in your mouth responsible for causing bad breath**.
- 12 Looking for a 'green' way to **clean your faucets, sinks or stainless steel**? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.
- 13 Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to **erase the pen writing**, also works great on crayons and markers **that the kids have used to decorate the walls!!**

# marie claire

<http://www.marieclaire.com/health-fitness/advice/tips/water-rich-foods-to-beat-bloat>

## 13 Flat-Belly Foods to Beat the Bloat

Skip the salt and load up on these hydration-boosting fruits, veggies, and spices.

By Kate Schweitzer

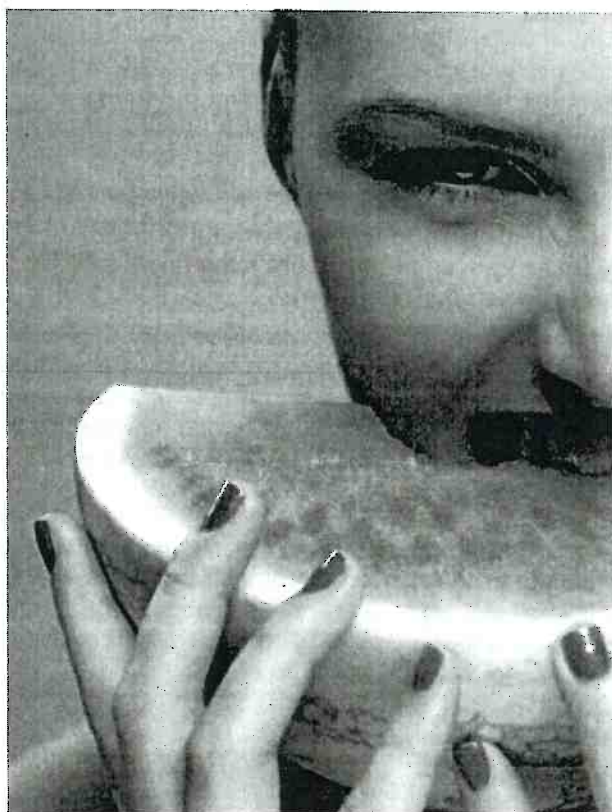


IMAGE SOURCE

More than 10 million Americans regularly complain about being bloated. That uncomfortable sensation — the result of air passing through your intestines — is often caused by a tempting culprit: salty and fatty foods. So, what's safe to eat to keep women from unbuttoning those skinny jeans? We researched the top fruits, vegetables, herbs, and spices that will save any stomach from an uncomfortable expansion.

### Oranges and Watermelons

Because water flushes waste and excess water out of your system, enjoying water-rich foods is ideal. Watermelons, as their name suggests, are almost all water — 92 percent. Oranges too are approximately 80 to 90 percent water.

### Yogurt

Not only does yogurt have a high water content, but it promotes the growth of good bacteria in the stomach. This bacteria is responsible for the reduction of excess gas that accumulates in the organ over time.

### Garlic

This plant helps reduce the levels of fat in the liver, whose main functions include detoxification and the production of biochemicals necessary for digestion — major aspects of the prevention of bloating.

### Bran Cereal and Oatmeal

Fiber helps relieve constipation, which is an all-too frequent cause of bloating. By adding bulk in the form of certain cold or hot cereals, everything moves through the intestines more quickly. Because women need at least 25 grams of fiber daily, eating a bran cereal with at least five grams of fiber per serving helps reach that goal. Just be certain to not add too much fiber to your diet too fast, or worsened bloating can occur.

### Strawberries and Blueberries

Fiber also takes the form of certain delicious fruits and berries. Snacking on high-fiber foods such as strawberries and blueberries, as well as dried apricots and dried plums, can help clean out one's system regularly.

### Grapefruit

Like other fruits with high water content, grapefruit is nearly 90 percent water. An added benefit of snacking on this pink treat: It's high in fat-burning enzymes.

## RUNNING VS WALKING



Brisk walking can be almost as challenging as jogging. Why? When walking at speeds faster than 3.1 miles/hour, stride length naturally increases. As we know, a longer stride length is less efficient requiring more energy to move your legs. This in turn requires more arm and torso movement, leading to increased torso and hip rotation. All of this mean higher aerobic demands and more calories being burned. Research has shown that maximal levels of exertion, oxygen consumption, is only slightly lower for race-walkers than for runners and moderate to intense levels of exercise, oxygen consumption levels between race walkers

and runners are almost equal. Race-walkers can reach speeds as high as 9 miles/hour!

Running is also popular and has an obvious fitness edge over walking. Runners use energy quicker than walkers. So, a runner doesn't have to exercise as long as a walker to get the same benefits. For some young people walking briskly may not raise their heart up to that 60%-80% target heart rate zone for optimal training. For them running may be a more efficient cardiovascular form of fitness than walking. However, the risks for runners is greater. In particular, risk of injury. Runners face greater risks of strains, sprains,

blisters and spurs. The risk factor for runners increases with the frequency and duration of the exercise. Foot to surface impact ratio for running is three to four times your body weight compared to one times your body weight for walking.

The low impact of walking minimizes strain on the feet and joints resulting in fewer walking injuries. The drop out rate from running programs over a two year period is 50% or more compared to only 20% or less for walking.

Benefits of running and walking	Benefits of running	Benefits of walking	Disadvantages of running	Disadvantages of walking
Lower blood pressure	Calories are burned quicker	Low impact	High impact	Takes longer to burn calories
Lower risk of osteoporosis, cancer and heart disease		Minimum strain	Greater risk of strains, sprains, blisters and spurs	For young people it may not raise heart rate up to 60%-80% target heart rate zone
Improves cholesterol profile			Risk factors increase with frequency and duration	
Fat loss			Drop out rate is 50% or more	
Chance to clear mind				

**Lucille Walwich**

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**From:**  
**Sent:** Friday, February 12, 2010 11:31 AM  
**Subject:** Canadian made, GO! Canada

Canadian made, GO! Canada

Interesting? ?

A physics teacher in high school, once told the students that while one grasshopper on the railroad tracks wouldn't slow a train very much, a billion of them would . With that thought in mind, read the following, obviously written by a good Canadian.

Good idea . . . one light bulb at a time . . . .

Check this out . I can verify this because I was in Lowe's the other day for some reason and just for the fun of it I was looking at the hose attachments . They were all made in China . The next day I was in Home Hardware and just for the fun of it I checked the hose attachments there. They were made in Canada. Start looking.

In our current economic situation, every little thing we buy or do affects someone else - even their job. So, after reading this email, I think this lady is on the right track . Let's get behind her!

She said:

My grandson likes Hershey's candy . I noticed, though, that it is marked made in Mexico now. I do not buy it any more . My favorite toothpaste Colgate is made in Mexico now. I have switched to Crest ... You have to read the labels on everything ..

This past weekend I was at Wal-mart . I needed 60W light bulbs .. I was in the light bulb aisle, and right next to the GE brand I normally buy was an off brand labeled, "Everyday Value. " I picked up both types of bulbs and compared the stats - they were the same except for the price. The GE bulbs were more money than the Everyday Value brand but the thing that surprised me the most was the fact that GE was made in MEXICO and the Everyday Value brand was made in - get ready for this -Canada in a company in Ontario.

So throw out the myth that you can not find products you use every day that are made right here .

My challenge to you is to start reading the labels when you shop for everyday things and see what you can find that is made in Canada - the job you save may be your own or your neighbour's!

If you accept the challenge, pass this on to others in your address book so we can all start buying Canadian, one light bulb at a time! Stop buying from overseas companies!

(We should have awakened a decade ago . . . . .)

Let's get with the program . . . . help our fellow Canadians keep their jobs and create more jobs here in Canada.

**P.S. Forward this to as many other people as you feel comfortable with. We can make an impact. One purchase at a time.**

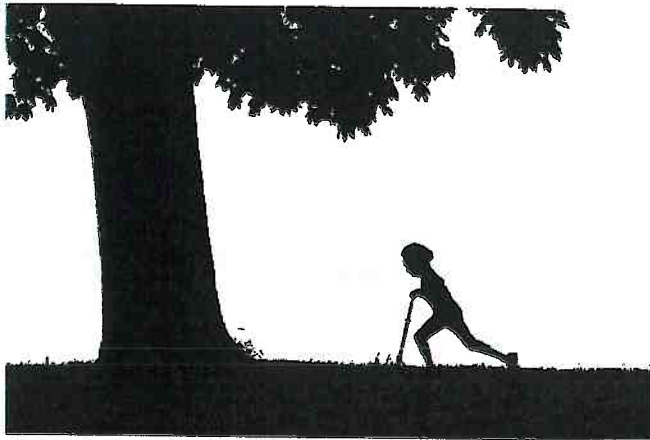
# ARTS ENTERTAINMENT

Poems Drawings Photographs Book and Movie Reviews What's Happening

Do you like to draw and write poems? How about that great movie you just saw? And do you know of a great event coming up that people might enjoy going to? Tell us about it. I'm pretty sure we have some great artists and storytellers out there.

**Put your submissions in the NewsMagazine box at the Co-op office. Don't forget to include your name. If you don't wish to have your name published, that's ok too.**

Here's a couple of pictures I took of people enjoying the bike path in the Beach area. And I found this poem that I liked even though I don't know the person who wrote it.



Photos by Janice

## *Summer Morning*

I saw dawn creep across the sky,  
And all the gulls go flying by.  
I saw the sea put on its dress  
Of blue midsummer loveliness,  
And heard the trees begin to stir  
Green arms of pine and juniper.  
I heard the wind call out and say:  
"Get up, my dear, it is today!"

~ Rachel Field

## Acrostic poem

An acrostic poem is very easy to write. It can be about any subject.

**On the next page, for each letter (A U T U M N) think of a word , phrase or sentence that starts with that letter and write on the line beside it.**

The following poem is an example of acrostic poems written in this format.

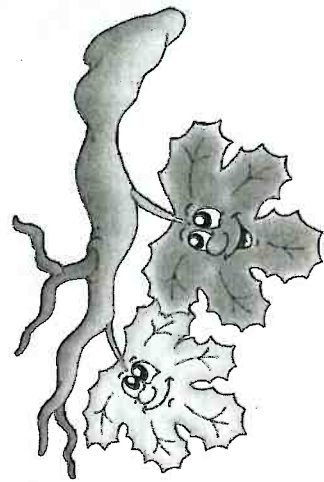
SAMPLE: **H o c k e y**

Hockey is my favorite sport  
On the ice or street  
Cool and fun  
Keep on playing  
Exercise and stronger  
You should try

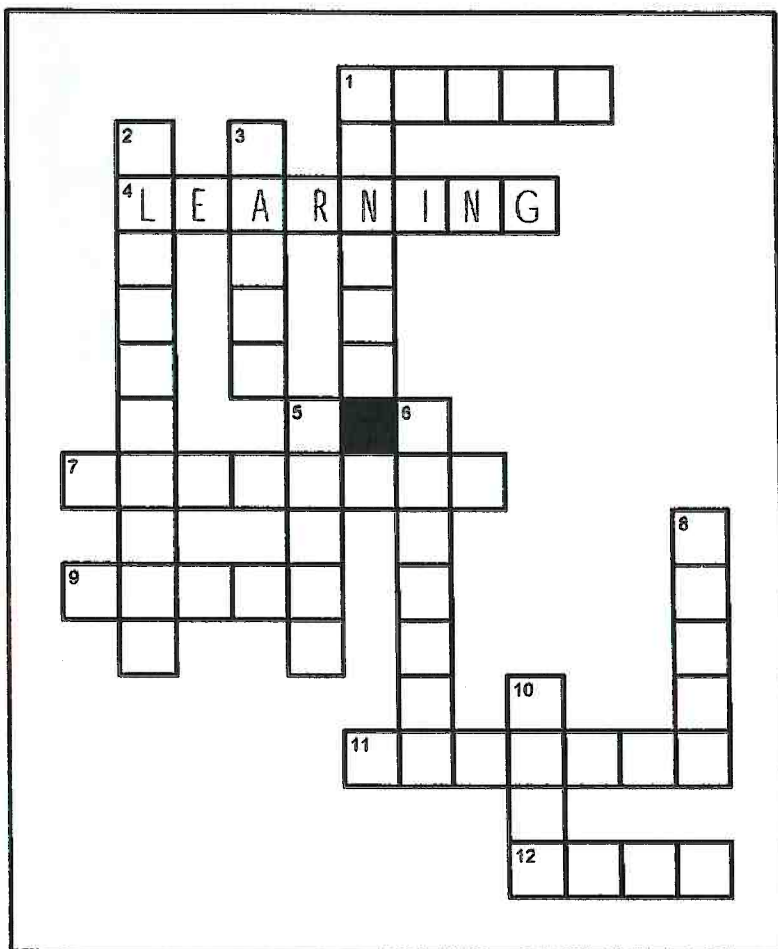
*Put your best acrostic poem in the Office NewsMagazine box and we'll publish them in the next issue!!*



A  
U  
T  
U  
M  
N



# Back to School Crossword



## Across

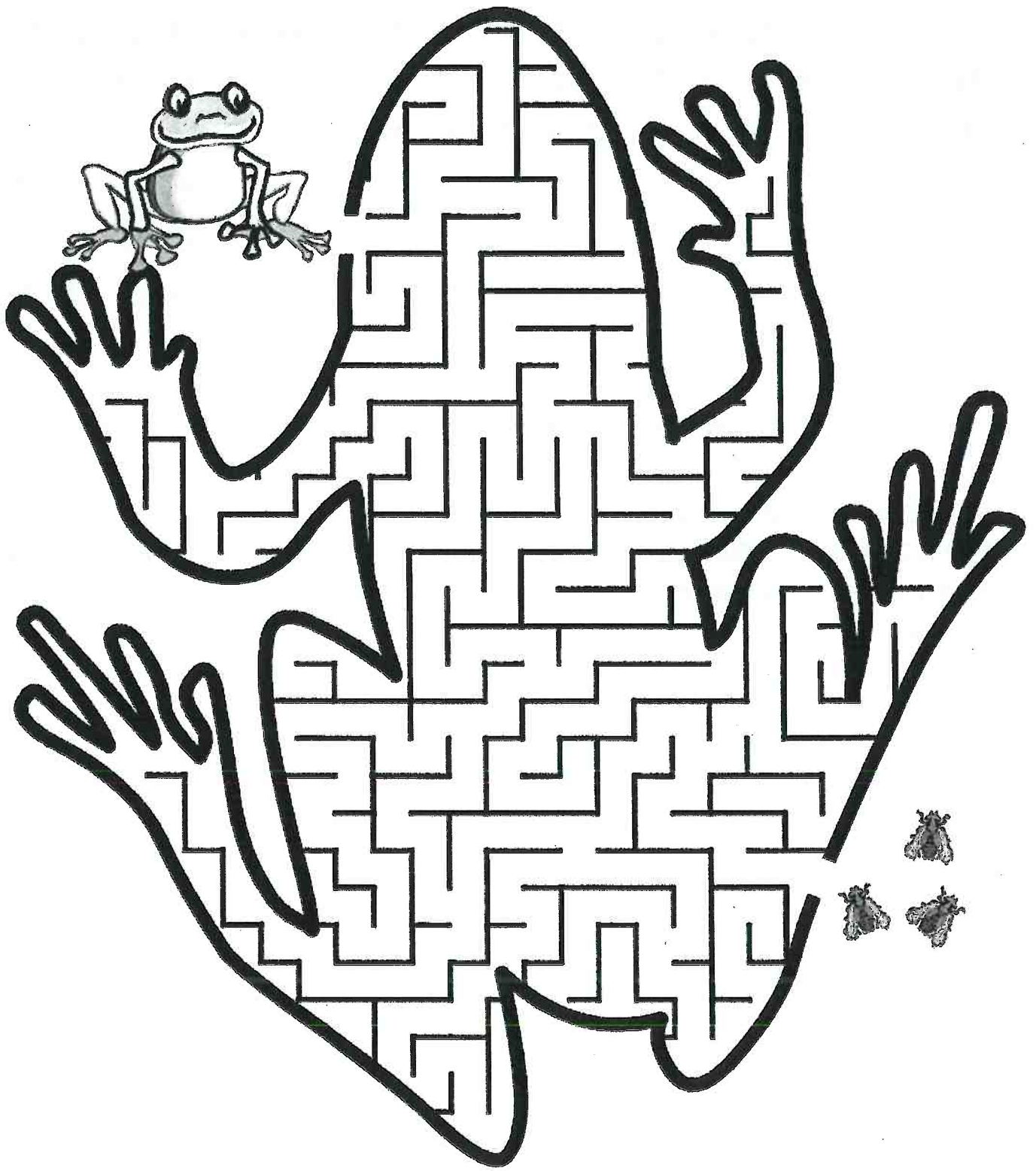
1. Write or draw on this
4. What school is all about!
7. It has a keyboard and screen
9. Please ----- your name on your work
11. You play with your ----- at break (recess)
12. The teacher sits here

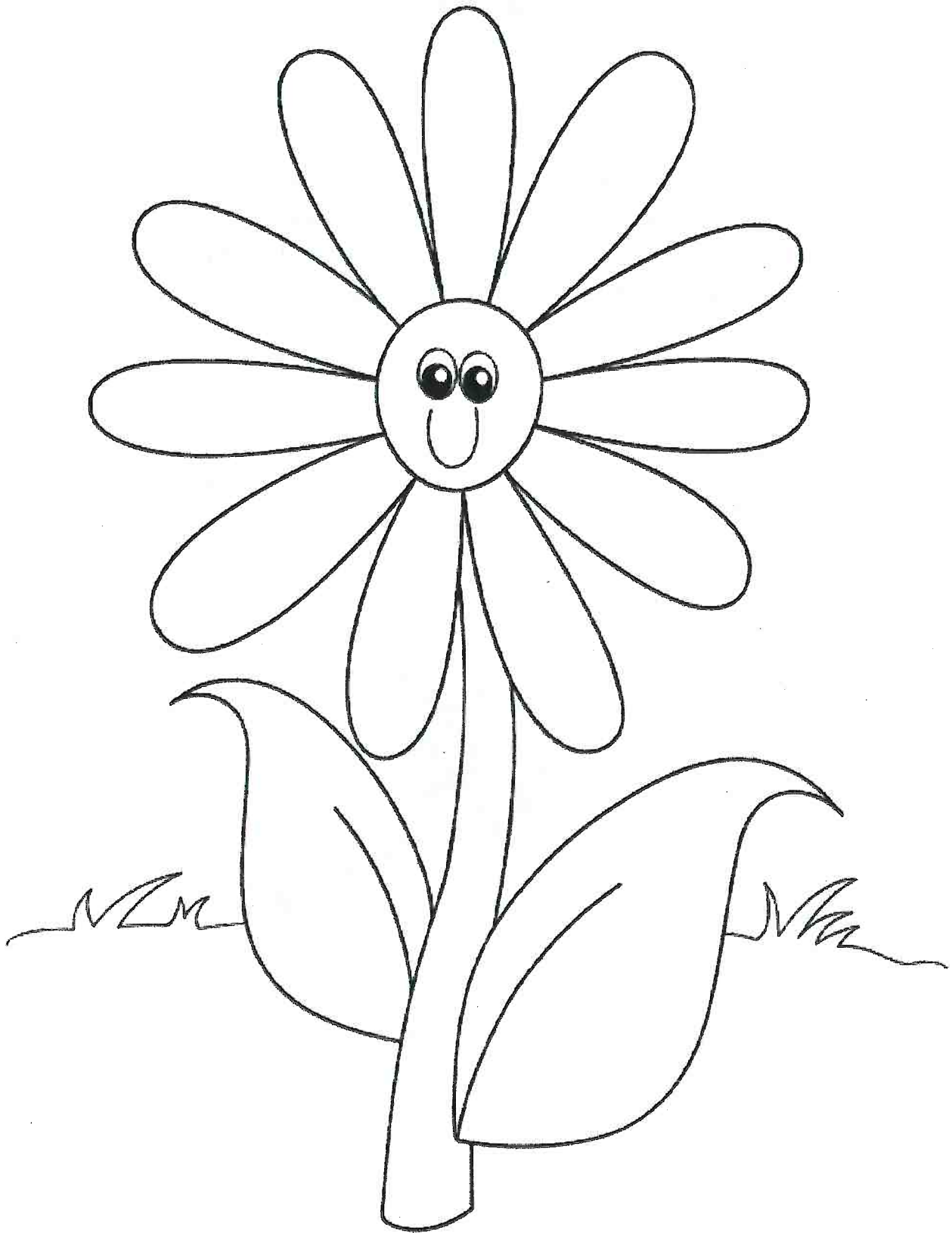
## Down

1. Do you need to sharpen yours?
2. You write on this with chalk
3. Use brushes and paper to make pictures
5. Draw straight lines with this
6. She helps you to learn new things
8. Read these at school and home
10. You ---- a book

	B	A	B		X	Z		S	A		S	B	P									
V	W	K	X	A	M	K		E	N		H	G	C	X	R							
<	H	I	C	S	E	L	W	J	A	H	F	V	F	R	I	E	N	D	S	O	S	O
<	D	C	L	K	S	P	F	O	U	R	S	Q	U	A	R	E	O	R	H	T	L	P
<	U	K	I	E	L	B	A	S	E	B	A	L	L	H	R	H	O	C	C	C	I	E
J	N	B	M	T	H	C	Z	N	Z	U	Z	X	R	B	E	L	L	H	N	H	D	A
R	C	A	B	B	Q	S	F	U	N	M	B	E	X	L	G	P	V	A	K	O	E	B
	L	I	A	L												F	S	Y	Z			
	L	N	L	J												D	E	L	F			
	N	G	L	J												G	H	J	A			

BASEBALL	BASKETBALL	BELL	CHASE	CLIMBING
FOUR SQUARE	FRIENDS	FUN	GAMES	HOPSCOTCH
JUMPROPE	KICKBALL	RUNNING	SLIDE	SWINGS
TAG				

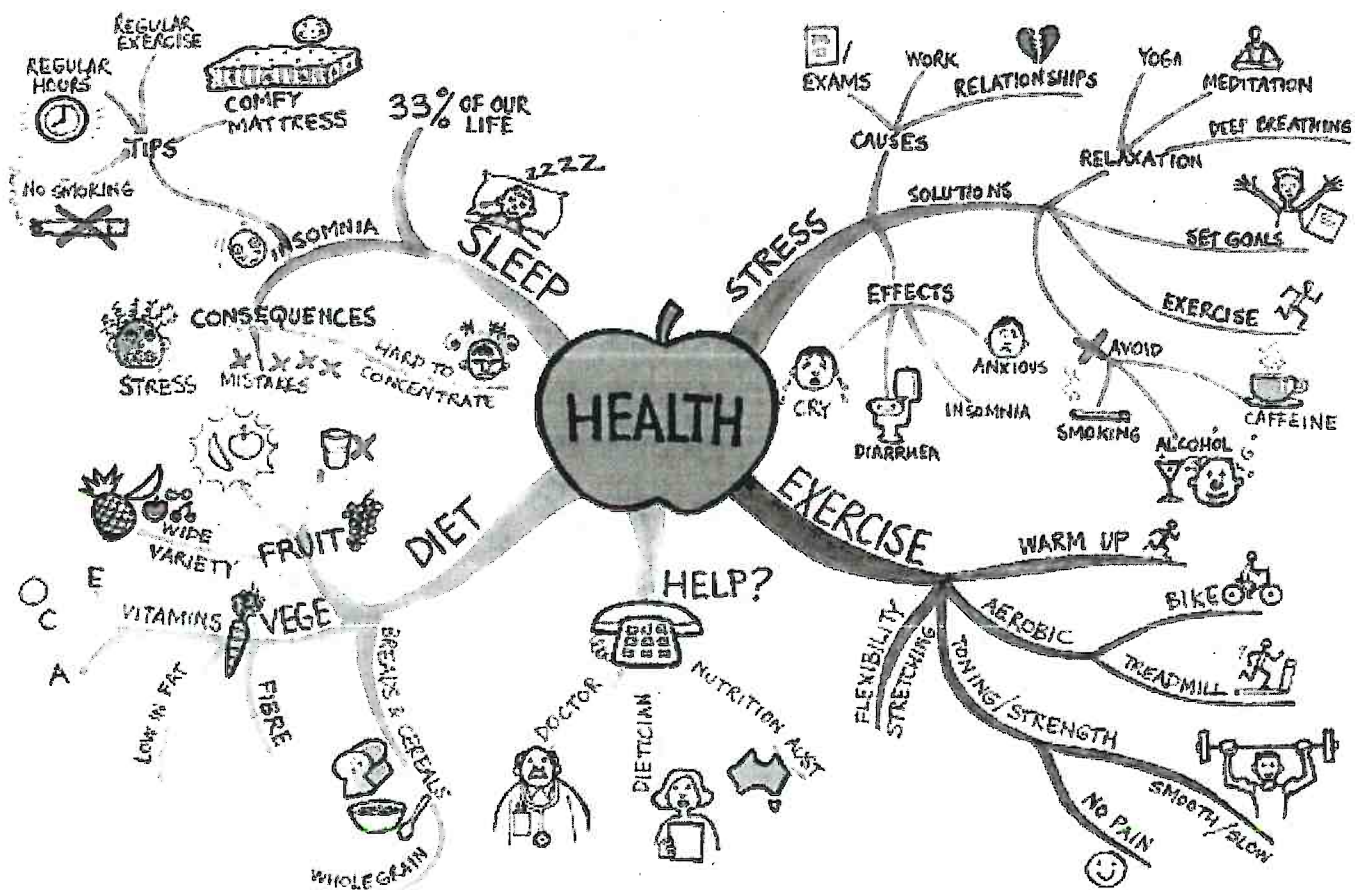




# MIND MAP

What is a mind map?

A mind map is a diagram used to represent words, ideas, tasks, or other items linked to and arranged around a central key word or idea. Mind maps are used to generate, visualize, structure, and classify ideas, and as an aid in study, organization, problem solving, decision making, and writing

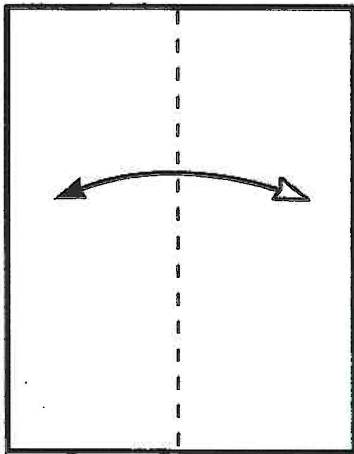


## HOW TO MAKE A MIND MAP

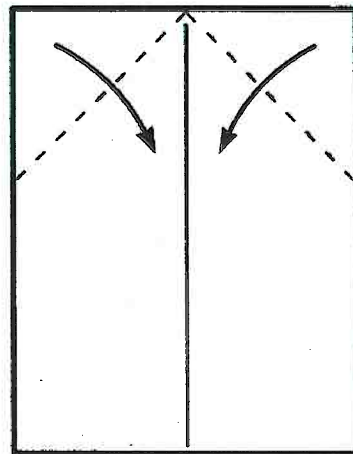
1. Take a blank piece of paper
2. Start in the centre
3. Make a central image that represents the topic about which you are writing/thinking:
4. The main themes around the central image are like the chapter headings of a book:
  - Print this word in CAPITALS or draw an image.
  - Place on a line of the same length
  - The central lines are thick, curved and organic i.e. like your arm joining your body, or the branch of a tree to the trunk.
5. Start to add a second level of thought. These words or images are linked to the main branch that triggered them. Remember:
  - Connecting lines are thinner.
  - Words are still printed but may be lower case.
6. Add a third or fourth level of data as thoughts come to you:
  - Use images as much as you can, instead of, or in addition to the words.
  - Allow your thoughts to come freely, meaning you 'jump about' the Mind Map as the links and associations occur to you.
7. Add a new dimension to your Mind Map. Boxes add depth around the word or image to make some important points stand out
8. Sometimes enclose branches of a Mind Map with outlines in colour:
  - Enclose the shape of the branch and hug the shape tightly.
  - Use different colours and styles.
9. Make each Mind Map a little more:
  - BEAUTIFUL
  - ARTISTIC
  - COLOURFUL
  - IMAGINATIVE
  - and
  - FUN

# U.S. SUPER JET

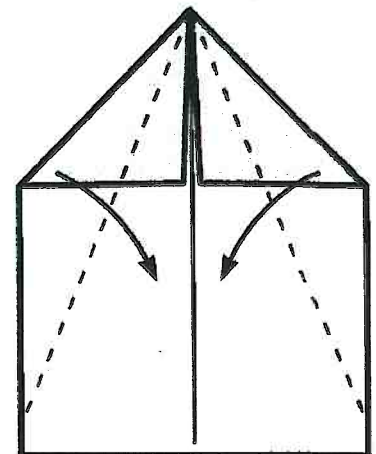
Print out the Jet Airplane graphic on regular printer paper and cut out the pattern. Don't use paper that is too thick; it will be difficult to fold. Use the dotted lines on the instructions to help guide you with the folds.



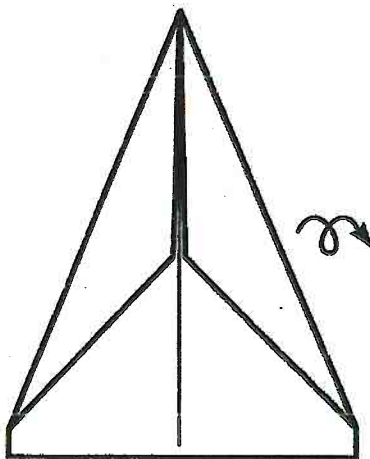
1. Use the U.S. Super Jet graphic or a rectangular sheet of paper. Start with the blank side up. Fold in half and unfold.



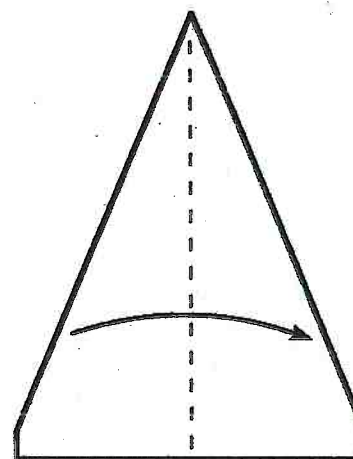
2. Fold the left and right corners to the center.



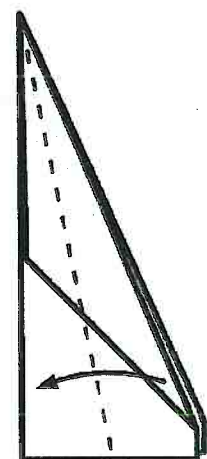
3. Fold the left and right corners to the center.



4. Turn it over.

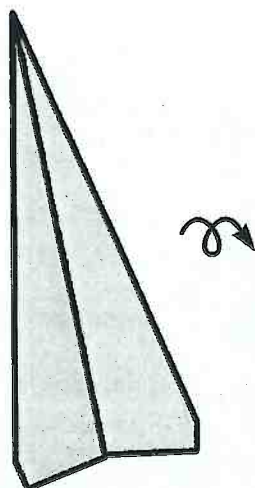


5. Fold in half.

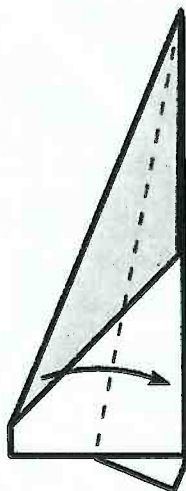


6. Fold the top layer toward the left side.





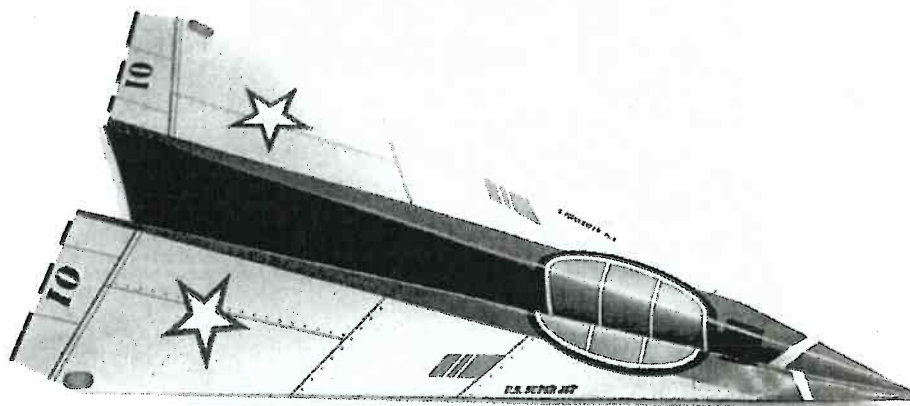
7. Turn it over.



8. Fold the remaining layer toward the right side.



9. Open to reveal the airplane.



## Your Jet Airplane is finished!

Please Be Careful: Don't throw the airplane towards other people or animals.

